

Yoga Bharati

(SF Bay Area Chapter)

www.yogabharati.org

INDIA DEVELOPMENT & RELIEF FUND (IDRF)

Yoga Workshops and Weekend Residential Camp

Apart from Yogasanas, Pranayam and Meditation, events include: Stress management through Yogic methods, in relevance to today's life - understanding messages of Vedanta, Upanishads, Bhagavad Gita, Vedanta in Business, Living in Balance with Ayurveda, Concept of Love and more ...



Sri N.V. Raghuram

International Coordinator

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) Bangabre, INDIA

YOGA WORKSHOPS (Fee:\$35.00):

Place: Fremont Hindu Temple

Date & Time: 8:00 - 4:00PM March 16th

Time: 8:00 - 12:00PM March 17th

Place: San Ramon Community Center

Date: March 18, 19, 20th

Time: 7:30 - 9:00 PM

Place: Sunnyvale Murphy park March 25th

Place: Sunnyvale Fair Oaks Park March 26th

Time: 7:00 - 9:00 PM

YOGASANA INSTRUCTIONAL COURSE:

Place: Sunnyvale Hindu Temple

Date: March 21, 22, 25, 26, 27th

Time: 7:00 - 8:30 AM

Fee: \$25.00

YOGA WEEKEND RESIDENTIAL CAMP:

Place: YMCA Camp Jones Gulch, La Honda

Date & Time: March 22nd 7:00PM - 24th 1:00PM

Fee: \$100.00 (Adults), \$60.00 (Age 6-12)

FREE for kids under 5 years

PACKAGE FEE: \$150.00

All the programs included

FOR MORE INFORMATION:

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Please visit: www.yogabharati.org

Registration: yoga_rsvp@yahoo.com (RSVP is absolutely necessary to enroll)

PS: You will be notified as we finalize the dates for more lectures on varied subjects